

Village Voice

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News & Announcements

We did it! Many thanks to the speakers, exhibitors, and volunteers who made the free **Home for Life Expo 2023** on March 31 a tremendous success. Thanks also to the Sherwood Center staff and everyone who helped to publicize the event. Even before the 10 a.m. opening, folks were lining up to enter. In all, more than 150 guests enjoyed the chance to greet friends old and new, gather useful information from 25 exhibitors, and hear experts and local service providers share strategies that could help them age safely in their current homes. Almost a third of attendees left us evaluations with comments. From “Great Expo! Loved the bag!” and “Overall excellent program” to “Parking a challenge” and “Coffee would be helpful in the morning,” we read them all and will benefit from their advice as we plan for next year’s Expo.



Above: Village Advisory Board chair Anita Light and coordinator Jason Scadron greet visitors.



Left: Patti Klein, director of Rebuilding Together AFF, outlines ways to make homes safer.



Right: Community paramedic David Arrington, of the City of Fairfax Fire Department, shares safety tips and tools.

Timely Opportunities

Young at Heart Senior Center: Lunchtime Learning sessions. There's no charge to join the city's Senior Center, and these upcoming in-person sessions are free! Call 703-273-6090 to register.

Friday, May 19, noon. What's Your "Stuff Exit" Strategy? Thinking about downsizing, but don't know where to begin? Kids don't want your treasures? What can you do with it all? Learn first steps to downsizing with "right-sizing" specialist Maryann Gallotta.

Friday, June 30, noon. Introducing Fairfax Village in the City. Members and volunteers already know what a difference it's making for city residents aged 55+ and those with disabilities. But if you haven't joined the Village yet, or if you have a neighbor who could use a helping hand, this session with Village coordinator Jason Scadron is for you.

Friday, July 14, noon. The Importance of Mental Health in Aging. Everyone talks about managing the physical challenges of aging. Equally important is maintaining psychological health. Fairfax City's Human Services director, Lesley Abashian, will focus on strategies that support older adults' emotional well-being.

Caring for a loved one at home? Sign up for the Fairfax Area Agency on Aging's 2023 **Virtual Panel Conversation Series for Family Caregivers of Older Adults and/or Adults with a Disability.** The series of free Zoom discussions launches on Friday, July 28, 2:00 to 3:00 p.m., with *Aging in Place: Transitional Care from Hospital to Home*. Future topics include *Creating Support Systems for Family Caregivers* (Aug. 25), *Program Models for Loved Ones Living with Dementia* (Sept. 29), *Exploring Kinship Caregiver Support* (Oct. 27), and *Providing Care at the End of Life* (Dec. 1). Register at <https://bit.ly/AAAPanel>. For information, email Guiliana.ValenciaOrdonez@fairfaxcounty.gov, or call 703-324-5484.

Resources

Newly updated by Fairfax County's Department of Family Services, **Aging Well! A Resource Guide for Older Adults, People with Disabilities, and Family Caregivers** is available to read or download in pdf at [Aging Well! Resource Guide | Family Services \(fairfaxcounty.gov\)](#). Need a print copy? Check with the Village office. City residents are eligible for most services.

If you didn't pick up a copy of the latest **Positive Aging Sourcebook** for the D.C., Maryland, and Northern Virginia area at the Home for Life Expo, this comprehensive guide is posted online at www.retirementlivingsourcebook.com/mdvadc. To order a print version, call 800-394-9990. Whatever your plan for later life, you'll find useful articles and contact information here.

Fairfax Village in the City

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